

what's happening

Maine Medical Center
Portland, Maine 04102

March 9, 1988

Vol. 20, No. 26

Healthy tips for a healthy lifestyle

His for HEALTHY. Everyone wants to be healthy! Eating well balanced nutritious meals, exercising regularly, and reducing your intake of fat and salt are healthy choices to maintain your health.

Eis for EXTRA FIBER. Fiber helps to reduce the risk of colon cancer and may reduce cholesterol levels. Increase your daily intake of fiber by simply adding one bowl of oat cereal, dried beans and peas, whole wheat breads, bran muffins, fresh fruits or vegetables to your daily diet.

Ais for ACTIVITY. Daily exercise lowers total body fat and conditions the heart and lungs. Activity may improve good cholesterol levels (HDL) and reduce stress.

Lis for LOWERING LIPIDS. Lipid is the general term for fat. Some fat is good for protection of vital organs and aiding fat soluble essential nutrients. There is evidence, however, that Americans are consuming too much fat leading to heart and blood vessel diseases as well as obesity. You can lower your fat intake by decreasing the amount of red meat and eggs you eat.

Tis for TOTAL PROTEIN. Recommendations for total protein intake are based on age, sex, rate of growth and metabolic factors. Protein builds new tissues, replaces worn out cells, supplies essential amino acids, and aids in bone formation. Protein is found in the meat and milk exchanges, and smaller amounts are found in the starch and vegetable exchanges.

His for HABITS. Change can be good—but not always easy! Improving your health may mean changing daily habits. People learn dietary habits from many sources including family, friends, media and health care facilities. Proper nutrition and good eating habits help promote a healthy lifestyle.

Pastoral residents provide spiritual care

Pastoral residents have been helping MMC's Pastoral Services Department provide spiritual care to patients since November, 1987.

The five residents are in the Clinical Pastoral Education Program that trains clergy for hospital ministry. The program is ecumenical, relating to Protestant, Roman Catholic, Jewish and other faiths.

The residents, who come from all over the Greater Portland area, work in the hospital two days a week. Most of their time is spent visiting patients with anxieties in light of illness, such as death, changes in circumstance, and religious concerns.

The rest of their time is devoted to education. They attend lectures, seminars and discussion groups given by the Chaplains, physicians, hospital staff, and community religious leaders on various issues and

RESIDENTS, page 2



THREE babies who won't celebrate their first birthday until 1992! The babies were born at MMC last Monday, February 29th on Leap Day, which only comes around once every four years. (A/V photo)

RESIDENTS, from page one

topics. Some of these educational presentations are also provided as a resource for people from the hospital staff and community groups.

Typically, pastoral residents are in the seminary studying to become ministers, and hold part time jobs in the field of human services. Others are ministers already and are working on their advanced de-

grees, and some are lay people interested in studying religion.

The residents will have completed 400 hours of training when the fall/spring Clinical Pastoral Education Program ends in May. They will have earned the equivalent of six hours academic credit and an international certified unit of C.P.E.



PATTY FLYNN pastoral resident, pays a friendly visit to a patient to brighten up her day. (A/V photo)

Secretarial Forum March meeting

The next meeting of Secretarial Forum will be held on Wednesday, March 16, 1988, 12:00 noon–1:00 PM in Classroom #2.

This month's program will be on the Personnel Department. Susan Williams, Director of Training and Development, will present a general overview of the Personnel Department and its functions. A question-and-answer session will follow. Please come and bring your lunch.

Volunteers needed in Endocrinology Study

If you are interested in participating in an Endocrinology normal study, please stop by the Endocrinology Lab and pick up a questionnaire.

If you fit the necessary criteria, you will be contacted by telephone and an appointment will be set up for having three (3) 15ml tubes of blood drawn. Normal subjects on birth control pills or Premarin are still desperately needed.

Leadership and Communication Skills for the Staff Nurse

Presented by Eleanor Seager

March 9, 1988

6:30–9:30 PM

Dana Education Center, Classroom 7
guest fee \$3

Parents of Children with Special Needs

Thursday, March 17, 1988

7 PM

Classroom #4

Dana Education Center

Linda Rogoff, M.S. will demonstrate toys for special children, followed by the film *A Different Heart* at this special program offered by the Department of Pediatrics.

Rogoff is a mother of three boys and a teacher of special needs children. She will speak from her own experiences and show the audience what's special about "discovery toys".

A Different Heart chronicles the struggles of three families whose children were born with serious heart defects. The film addresses such issues as setting realistic limits for children without making them feel "different", and dealing with the emotional strain that the care of such children can place on all family members. Everyone is invited to attend. For further information, please call Connie Korda x4226.

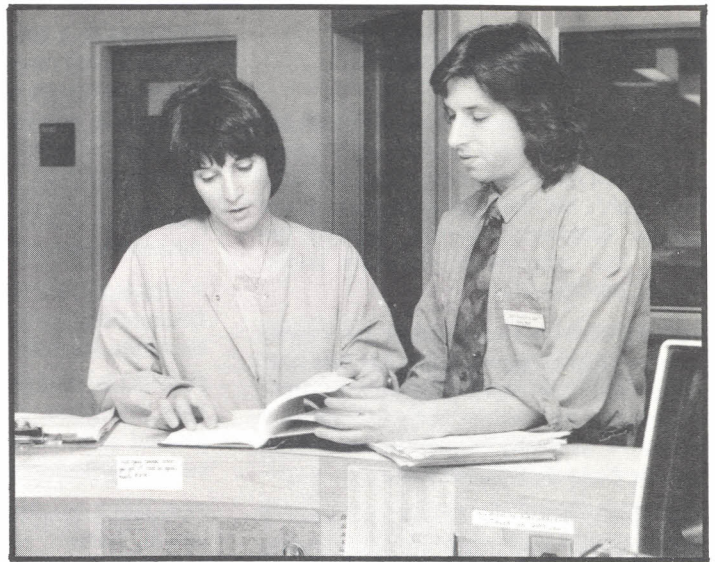
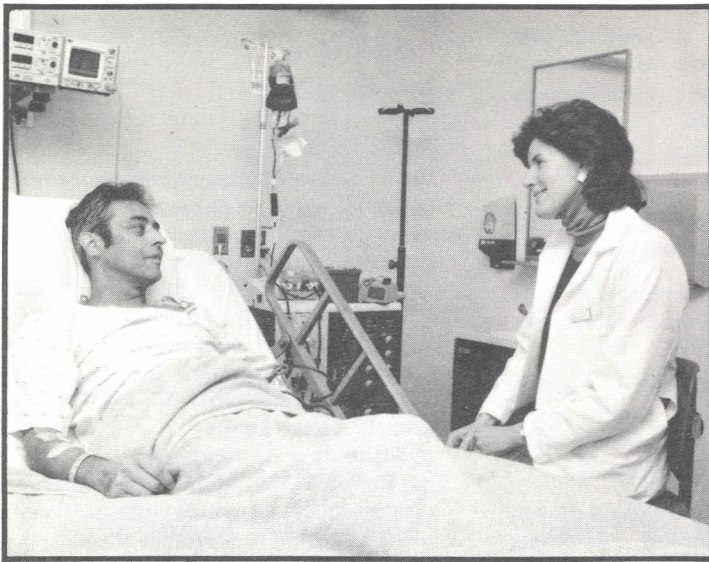
New Certification Bonus Program

Salaried employees are now eligible to participate in the MMC Certification/Registration Bonus Program. The program enables employees to receive a cash bonus of up to \$1,000 for attaining a certification/registration as long as:

- The certification/registration has been approved by the Compensation Committee as eligible for the certification/registration bonus.
- The certification/registration documents expertise in areas that are *directly* related to the employee's *current* responsibilities.
- The approved certification/registration is not a prerequisite to the individual's employment or continued employment.

If you have any questions regarding this change in policy, please contact M. Margaret Boulos, Director of Compensation at ext. 2350.

**March is National
Nutrition
Month**



MARCH IS SOCIAL WORK MONTH

The MMC Social Work Department provides patients with counseling and referral services as needed. The Social Work staff makes innumerable visits throughout the hospital to help patients and families overcome their anxieties and concerns.

Above, Social Worker Nancy Lord provides supportive counseling to a dialysis patient in Nephrology. Above right, Social Worker Scott Schlachter reviews social work intervention with patient's nurse. Right, as part of the recreation therapy for pediatric oncology patients, Social Worker Cathy Moss helps a child draw, along with Kate O'Neill of the Pediatric Playroom. (A/V photos)

NEW EMPLOYEES

MEDICAL RECORDS: Delbert E. Bean

NURSING: Mary A. Begin, Joyce B. Berthiaume, Karin H. Boynton, Sally C. Brooks, Kim C. Carigan, Mary Patricia Cole, Gale V. Jackson, Wendy M. Wakeman

PSYCHIATRY: Patricia A. Carigan.

RADIATION THERAPY: Sandra L. Carslick.

PHLEBOTOMY: Linda C. Corkhill, Dale D. Harris.

ACCOUNTING: Susan E. Gallagher.

HOUSEKEEPING: Thomas E. Hale.

FOOD SERVICE: John H. Honan, Susan G. Martell.

PATHOLOGY: Thomas P. Sawyer, Sr.

PERSONNEL: Mark A. Taggart.

ELECTRICAL: Gary Sanborn

NURSING: Virginia Bangs, Michelle Blair, Mary Ann Brann, Rosemary Johnson, Michael Ray.

PATHOLOGY: Paula Arnold.

FOOD SERVICE: Nicholas Dickerstein, Erik Lowe.

OPERATIONAL MAINTENANCE: Richard Doughty.

MEDICAL REHABILITATION: Mary Folsom.

RADIATION THERAPY: Raylene Hill.

PHARMACY: Kristi Huard.

CYTOLOGY: Alisa Link.

SOCIAL WORK: Nancy O'Neil.

MECHANICAL SERVICES: Michael Whalen

PHLEBOTOMY: Madeline Goodman

PSYCHIATRY: Susan Marshall

MEDICAL TECH PROGRAM: Jennifer Pelletier

Thanks

To the Switchboard, Social Services Department, Cafeteria Staff, Chaplains of office, Admitting Department, Administrative offices, and members of the medical staff:

A very warm thank you to all of you who so generously donated gifts of money in celebration of our recent marriage. We're overwhelmed by your thoughtfulness and generosity.

*Peace and Love to each of you.
Chaplain Marv Milbury and Kate*

Please Note

The next Oncology Nursing Society Meeting will be Tuesday, March 15, 1988, 5-6:30 PM in Classroom #1 of the Dana Center.

Betsy Bolton, R.N. from P4CD will speak on Autologous Bone Marrow Transplantation. Visitors are welcome.

Marketplace

FOR RENT: 3 BR ranch in Cape Elizabeth, LR with woodstove, fully applianced kitchen, large, front room with coal stove, 2 decks, large yard, full daylight basement, 2 car garage, \$800/mo., plus utils., security deposit, and references. Available immediately, call 799-7104.

FOR RENT: Victorian Cottage for weekly rental on Peaks Island. Enjoy sunsets over Portland harbor from a wraparound porch, or beside a woodstove. Fully furnished, 2 bedroom, centrally heated. Short walk to ferry and beach. Call 766-2385.

FOR RENT: Available 4/1/88, 3rd floor, 2 large rooms and bath/dressing room. \$385/mo. heat, hot water and parking included. Nice apartment in USM area neighborhood. Call 797-8225.

FOR RENT: Cape Elizabeth condo, private beach, garage deck, storage, fully applianced kitchen, very large, 1 BR, \$650, plus utils., call 799-8477.

FOR RENT: Newly decorated bedroom in private home, share bath with one other person. Quiet residential area near Mill Creek, and close to South Portland bus line. Kitchen privileges to be considered if needed. Call 799-7864.

FOR RENT: 3 BR, 1 bath ranch in quiet family neighborhood in Cape Elizabeth. All appliances, including washer/dryer, deck, private fenced back yard. \$900/mo. plus utils., security deposit required. Available 4/1/88, call 767-4092.

ROOMMATE WANTED: Female to share 2 BR apartment, all amenities, \$287/mo., plus 1/2 utils., call 767-1050.

FOR SALE: Luxurious ocean front condo with views of Biddeford Pool, Lighthouse, and Old Orchard Beach. Low taxes and condo fees. Garage and parking etc., \$120,000 firm, call 1-934-1007.

ROOMMATE WANTED: Male or female, non-smoker. \$275 + 1/2 utils. 774-9303.

FOR SALE: 3 BR Cape in Oakhurst area, beach rights, living room with fireplace, hardwood floors throughout, attached garage, deck, fenced in yard, stove, refrigerator, washer/dryer included. Call 799-8407. Asking \$135,000.

FOR SALE: Pure bred "mini-lop" bunnies. Available by Easter. Call 839-3239 after 5 PM.

FOR SALE: 1973 Toyota Landcruiser, 4 WD, Blizzard Slalom Skis, 200 cm with marker bindings, best offer. Call 767-4115.

FOR SALE: 1984 Ford F150 4x4, 6 cyl., black with fiberglass cap. Many extras, never plowed with, never off road. Outstanding value. \$7,295, call 929-6788.

FOR SALE: Sailboat, 29" inboard diesel, wheel, harken, roller-furling, micrologic loran, dinghy, must sell, best offer. Call 772-3050 after 6 PM.

FOR SALE: Commodore 128, disk drive 1571, software, call 775-4854 after 4:30 PM.

WANTED: Excellent typist looking for at home work. Resumes, transcription, etc., reasonable rates. Call 797-9456.

WANTED: Piano in good condition, call 871-2660.

WANTED: Homes to wallpaper or paint. Professionals with excellent references will wallpaper (\$75 for an average room, wall preparation extra), or paint (estimates given) your rooms. Please call 774-9506, leave message.

WANTED: Houses to clean, experienced, excellent references, call 878-2392 after 4 PM.

WANTED: Schwinn Air-Dyne used bike in good condition. Call 797-8245.

WANTED: UVM Medical student seeks sublet for month of April. Please call 802-862-0046.

FOR SALE: 6 room Cape on 1/2 acre in Yarmouth in nice neighborhood. Asking \$129,000. Call 846-3299.

ROOMMATE WANTED: House to share in Gorham. \$300/mo. 774-9303.

what's happening

WHAT'S HAPPENING is published every Wednesday at Maine Medical Center, Portland, Maine for members of the hospital community and for friends of the institution throughout Maine and northern New England. Comments, questions and suggestions may be addressed to Public Information Office, MMC, Portland, ME 04102. Telephone: (207) 871-2196. Wayne L. Clark, Editor.

Contributors to this issue:

S. Helena Goss, Public Information
Terry McGarvey, Public Information
Rick Beebe, A/V Resources
Ron Gillis, A/V Resources
Larry Gorton, A/V Resources
Judy MacKenzie, A/V Resources
Sandy Walling, Print Shop
Henry J. Guidod, Jr., Print Shop
Jeanette King, Print Shop
David Richards, Print Shop

FOR SALE: 6' sleeper sofa, frame excellent, sit and sleep in comfort, \$100; white uniforms, pantsuits and dresses, and one green uniform top, size 16-18, very good condition, worn very little, \$5 each. Call 799-2793, mornings or after 5 PM.

WANTED: Looking for a wonderful, loving & responsible person to care for our 2 children, ages 6 and 6 months in our Cape Elizabeth home. Starting April or May, 2 days per week; eventually 3 or 4 days per week. Parents, hours and days can be flexible to meet your needs. Please call 799-5071 evenings.

ROOMMATES WANTED: Female wants to share townhouse apartment in Westbrook. \$270 + 1/2 utils. 774-1189.

ROOMMATE WANTED: M/F non-smoker to share spacious 2 BR apartment on Dartmouth Street. Peaceful environment. Ten minutes from MMC. Two blocks from University of Maine. \$250/mo. + utils. Call 774-1959. Leave message.

FOR SALE: Sailboat, 29; inboard diesel, wheel, harken roller-furling, micrologic loran, dinghy, call 772-3050 after 6 PM.

CHILDCARE: Will babysit in my home for children 2 years and older, in convenient Westbrook location. Lots of loving care, non-smoker, call 854-4033.

FOR SALE: Dog crate, large size, excellent condition. Man's suits & sport jackets, size 44 long. Call evenings after 7 PM, 773-2300.

WANTED: Need extra typing, such as resumes, term papers, etc. Please call 892-4816 in the evenings. No dictation. Reasonable rates.

what's happening

Maine Medical Center
Portland, Maine 04102

NON-PROFIT ORG.
U. S. POSTAGE
PAID
Portland, Maine
PERMIT NO. 35